

1. Set a realistic routine

2. Set time for breakfast,snacks and lunch

3.Include fun learning activities

4. Make time for physical activites and fresh air

5.Maintain a sense of positive thinking and fun!

6. Stay Hydrated

7.Yaaay for free play

8. Stay calm and relaxed

9. Choose different activities each day

10. Plan ahead

Day:

Breakfast	
Activity	
Fresh air	
Snack and drink	
Free play	
Lunchtime	
Activity	
Fresh air	
Free play	